

# My Lifetime Scale Plan – Worksheet

Print this guide, then mark your answers to each question. Check as many answers as you wish. Then complete the summary section to give yourself a clear plan for how you will manage your “friend” for life.

## 1. I will weigh myself

- Daily, no matter what’s going on.
- Daily except when I’ve been traveling, sick, or at a special event.
- Once a week, on this day of the week: \_\_\_\_\_.
- Once a month, on this day of the month: \_\_\_\_\_.
- When I happen to think about it.
- Never (because I’ve gotten rid of my scale.)

## 2. I will track my weight by

- Writing it on a paper record, a calendar, or a wall chart.
- Recording it online or on a computer program.
- Memorizing my current weight number.
- Monitoring how my clothes fit.

## 3. I will manage the scale by

- Weighing only in the mornings before eating or drinking.
- Weighing only at my gym, health club, or doctor’s office.
- Not getting on any scale except my own.
- Not weighing for at least 48 to 72 hours after travel, vacations, or holidays.
- Not weighing myself at all.
- Not having a scale in my home.

## 4. I will manage my emotional response to the scale by

- Saying “the scale went up” or “the scale went down.”
- Reminding myself that it’s only data, not a reflection on me.
- Stepping on, stepping off, and leaving the room.
- Focusing on my actions and my healthy behaviors.
- Not weighing myself at all.

## 5. I will manage the scale at my doctor’s office or medical clinic by

- Saying, “I prefer to not be weighed today.”
- Asking to wait until seeing the doctor before getting on the scale.
- Bringing a record of my recent scale weights at home.
- Closing my eyes or standing backwards on the scale.
- Requesting the staff member not to tell me the number.
- Noticing the scale readout but completely ignoring it.

## 6. I will own my weight by

- Telling people who ask that I don’t wish to share specific numbers.
- Saying I’ve lost “a lot” or “a bunch” rather than the exact number of pounds.
- Sharing my weight numbers with only my family and selected friends.
- Saying, “In my program, I’m not supposed to discuss numbers.”
- Graciously receiving compliments or comments about my weight loss.

On the next page, write your summary of how you will manage each area, then post your summary where you can read it often.

# My Lifetime Scale Plan

My plan for how often I'll weigh myself, as well as which days and times: \_\_\_\_\_

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Examples of what I will say to myself in regard to the scale and the numbers: \_\_\_\_\_

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How I will manage the scale during unusual times such as travel or holidays: \_\_\_\_\_

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